

HIGH SATIETY INDEX BREAD

ABSTRACT

A baked bread product having an increased or high satiety index (SI) is provided. The high SI baked bread product ingredients include a wheat flour product, a grain/seed source of soluble fiber, and a processed source of soluble fiber. The bread product has a total soluble fiber content of at least about 0.8 wt.% on a 42% moisture basis and a total beta-glucan content of at least about 0.2 wt.% on a 42% moisture basis. The high SI bread produce may also have a low glycemic index (GI).